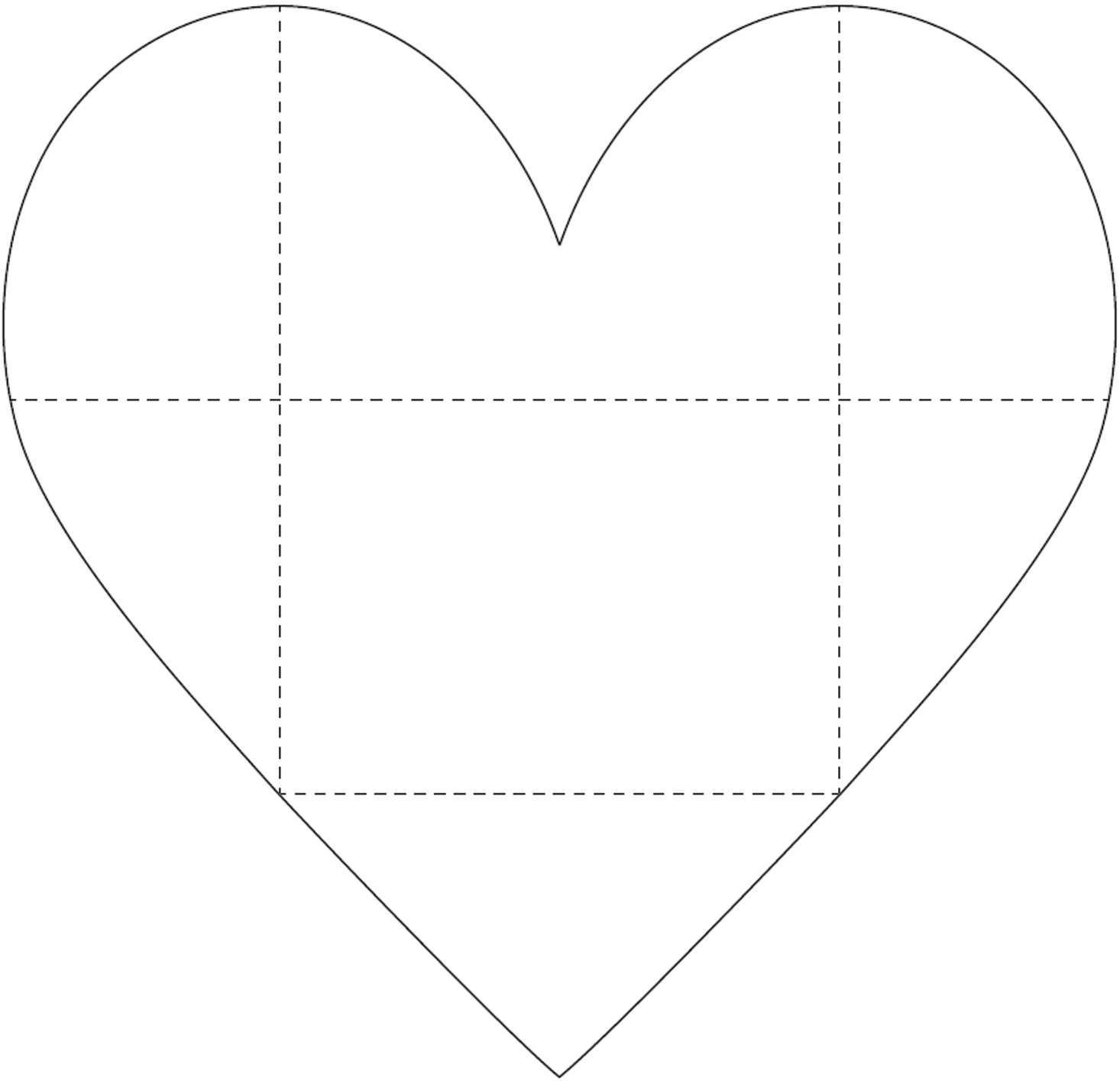10 doigts